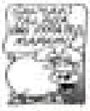



- Sport
  Spurs clinch 3rd NBA title
- Business/B1
  JP Morgan expands in RP
- Across/A18
  Pro-GMA Cebu execs tag solon 'persona non grata'
- Metro/A22
  Fish pond wall breached, floods 3 barangays in Malabon
- Science/A3
  Earth-like planet found beyond solar system



Where's the original? Too many tapes spoil the truth



PHILIPPINE DAILY INQUIRER
BALANCED NEWS, FEARLESS VIEWS

Aklanons want to bid farewell to Cardinal Sin

online: www.inq7.net

Demos fail to move GMA

Roco proposes snap election, but Cory calls for prayers



Ex-police general denies Cam's 'jueteng' charges

Let's hear tape once and for all, solon urges



SMALL TALK

Bishop used as pawn by GMA foes, hints Bunye

Tarongoy's US colleague still in abductors' hands

WEATHER FORECAST

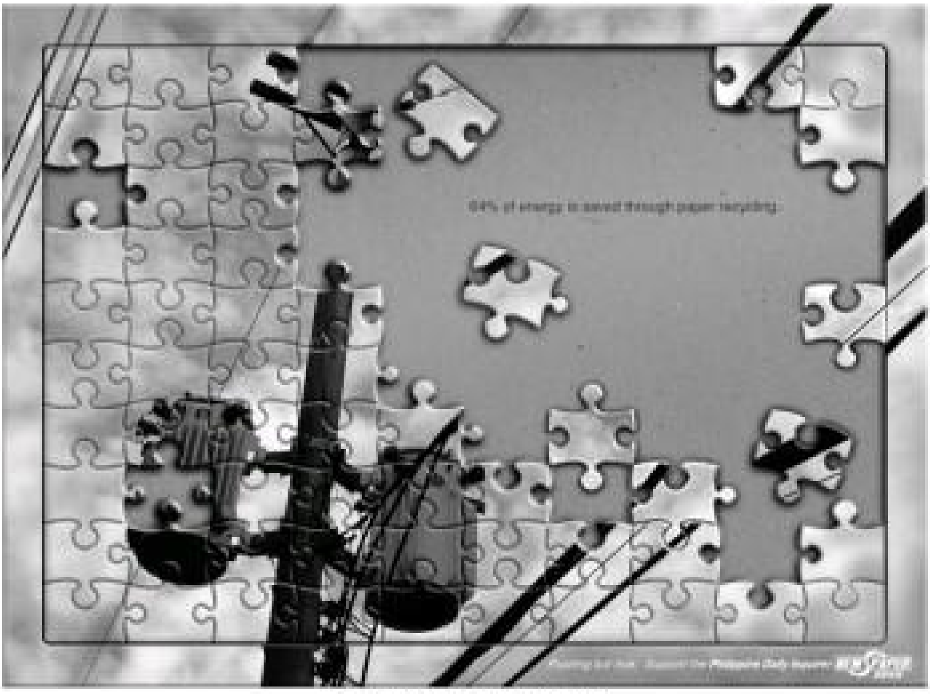
Second FRONT PAGE

Senga to replace Abu as AFP chief



IN AND OUT: Abu (right) with successor Senga

Finally, Barbers concedes defeat



Energy consumption in full power

SCIENCE/HEALTH

OIL WE NEED TO KNOW

Fat Facts 1



28-50%

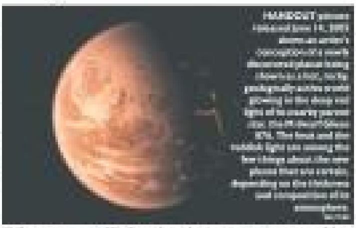
Trans Fats

Chemically altered

Earth-like planet found beyond solar system

WASHINGTON—A small, Earth-like planet has been discovered beyond our solar system orbiting a star like the sun, according to a team of US astronomers.

15 light years away



Obesity, smoking speed up aging



Oxidative stress

RP team places second in Elementary Int'l Math Fest

EUREKA!



Queena N. Lee-Chua

11 countries

New type of mouth rinse now in Philippines

By Charles E. Buban

Effective vs bad breath

Tagaytay vacation estate 'co-owned' by Cam, Mosqueda

Ex-police general denies Cam's 'jueteng' charges

Where's the original? Too many tapes spoil the truth



COLUMNIST Johnny Mercado, left, and Cebu Daily News editor-in-chief Ivan Suansing with Eileen Mangubat, publisher of CDN after receiving their awards.

Mercado, Cebu Daily News win Rotary journalism awards

JOHNNY Mercado, a columnist of the Philippine Daily Inquirer and Cebu Daily News, Thursday shared the Manila Rotary Club Award for Opinion Writer of the Year with Jarius Bondoc of the Philippine Star.

The Cebu Daily News, a sister paper of the INQUIRER, won the Regional Newspaper of the Year Award. Ivan Suansing, editor in chief of the CDN, received the trophy on behalf of the paper.

Mercado was cited for "the erudition and moral integrity of his column 'Viewpoint' in the INQUIRER as well as his Depthnews writings which are shared generously with the provincial press, enabling the latter to improve the content of their newspapers."

Cebu Daily News was cited for "clean, eye-friendly layout and creative display of photos that enhance the relevance and impact of stories of interest to the readers across the Visayas."

Other awardees were the Sun Star Publications, Newspaper of the Year; dwIZ, Radio Station of the Year; Jose Taruc, Broadcast Journalist of the Year; Kara Patria C. David of GMA 7, Investigative Reporter of the Year;

Kristin Karen Davila of ABS-CBN, Broadcast Journalist of the Year for Television; Reyster Langit, Posthumous Award for dedication and commitment to the highest ideals of journalism; and Reynante "Rey" Langit of dwIZ, Hall of Fame Awardee, Radio Journalist.

Extortion at HUDCC

By Cynthia D. Balana

A SUSPECTED extortionist in the National Home Mortgage Finance Corp. (NHMFC) who has been victimizing landowners and homeowners' association was arrested yesterday in an entrapment operation of the National Bureau of Investigation.

Vice President Noli de Castro, chair of the Housing and Urban Development Coordinating Council (HUDCC), identified the suspect as Nestor Favila, former head of the Task Force Community Mortgage Program of the NHMFC, an agency under the HUDCC.

De Castro said the entrapment operation was prompted by a complaint from Leonila Bitacura, a member of the NAIS Homeowners Association, Inc. from Cacarong Matanda in Pandi, Bulacan.

He said the HUDCC had received complaints against Favila, who had allegedly been demanding grease money from land owners and members of homeowners' association doing business with the agency. Favila was caught with P85,000 in his drawer which, De Castro said, represented grease money he collected for the day.

Demos fail to move GMA; Cory calls for prayers

Abat calls off march on Palace

'Let's bear tape once and for all'

Climax

Copies admitted

First step

Bishop used as pawn by GMA foes, hints Bunye

Letting doctors, medicine, exercise help you lose weight



OBESITY, or even just being overweight, increases one's risk of suffering from hypertension, type II diabetes mellitus, coronary heart disease, stroke, gallbladder disease, osteoarthritis, sleep apnea and other respiratory problems.

3-point treatment regimen

New set of participants

Fitness First

A funny thing happened on the way to the (scientific) forum

MEDICAL FILES

Worse timing

Enough energy

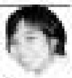
Romantic comedy

Emergency kit



'Why they don't get it'

DISCOVER



Form of irony

2 sets of tests

Second set of tests

Proposal

Gov't wants judge out of Piatco case

Former Comelec exec charged



Water pollution creates tidal waves

NEWSBRIEFS

Warning vs corruption

OMBUDSMAN Simeon Marcelo warned that the "prevalence of graft and corruption in the public sector poses serious threats to national recovery, survival and good governance." Marcelo made the warning Thursday as he announced the start of a five-day anti-corruption training of government field investigators and prosecutors by the US Federal Bureau of Investigation. He said the training program aims to build capacity and enhance the skills of investigators and prosecutors handling graft cases. Personnel from the Inter-Agency Anti-Graft Coordinating Council particularly the Civil Service Commission, Commission on Audit, Department of Justice, Presidential Anti-Graft Commission, the National Bureau of Investigation, the Anti-Money Laundering Council, the Department of National Defense and the Philippine National Police have been invited to attend the training course. *Nelson F. Flores*

AdBoard stops STI

THE Advertising Board of the Philippines (AdBoard) has ordered STI College to stop releasing advertising materials claiming it has "the largest network of colleges in the country" after AMA Computer University filed a complaint, saying STI's claim was "deceiving." The AdBoard said the AMA Education System had the biggest number of colleges in the Philippines as compared to STI. AdBoard's Advertising Content Regulation Committee cited AMA's submission of a list of its 205 collegiate institutions. But Rosty Bandoc of STI's Public Affairs office said the decision of the AdBoard is "still under appeal." *Alcuin Papa*

Fake land titles

THE Laguna Lake Development Authority is reviewing at least a thousand titles and tax declaration on lands covered by the Laguna de Bay watershed area, saying many of these were fake titles. LLDA chief Edgardo Manda said the agency will challenge before the Land Registration Authority dubious claims over lands surrounding the Laguna de Bay to regulate development near the country's biggest lake. Manda admitted there were those in the LLDA who had caused the issuance of titles or tax declarations on lands that should have been government property. *Blanche S. Rivera*

Abu Sayyaf plot

THE Abu Sayyaf group is out to exploit the political situation in the country and has sent two men to conduct bombing operations in the capital, a highly-placed intelligence officer said. "We believe they are here to take advantage of the confusion in Metro Manila," said the officer. "They were dispatched from Sulu three days ago. They take their orders from (Khadaffy) Janjalani," he said.

Khadaffy is the younger brother of slain Abu Sayyaf founder Abdurajak Janjalani. The officer said the military has obtained the same information. *Luige A. del Puerto*

THE DAILY GOSPEL

Saturday, June 25, 2005
12th Week in Ordinary Time

1st Reading: Gen 18:1-15
Gospel: Matthew 8:5-17

When Jesus entered Capernaum, an army captain approached him to ask his help, "Sir, my servant lies sick at home. He is paralyzed and suffers terribly." Jesus said to him, "I will come and heal him."

The captain answered, "I am not worthy to have you under my roof. Just give an order and my boy will be healed. For I myself, a junior officer, give orders to my soldiers. And if I say to one: 'Go,' he goes, and if I say to another: 'Come,' he comes, and to my servant: 'Do this,' he does it."

When Jesus heard this he was astonished and said to those who were following him, "I tell you, I have not found such faith in Israel. I say to you, many will come from east and west and sit down with Abraham, Isaac and Jacob at the feast in the kingdom of heaven; but the heirs of the kingdom will be thrown out into the darkness; there they will wail and grind their teeth."

Then Jesus said to the captain, "Go home now. As you believed, so let it be." And at that moment his servant was healed.

Jesus went to Peter's house and found Peter's mother-in-law in bed with fever. He took her by the hand and the fever left her; she got up and began to wait on him.

Towards evening, they brought to Jesus many possessed by evil spirits, and with a word he drove out the spirits. He also healed all who were sick. In doing this he fulfilled what was said by the prophet Isaiah: He bore our infirmities and took on himself our diseases.

Commentary

Jesus heals the servant of a Roman centurion. The man's words have become part of our liturgy. Immediately before we receive Eucharist: I am not worthy to have you under my roof. Just give an order and my boy will be healed — or liturgically as we pray: Lord, I am not worthy that you should come under my roof; only say the Word and my soul shall be healed. This man lived his faith based on experience of obedience and power in the military, and he knew to trust Jesus' superior authority and power beyond his experience — over sickness and death. Do we, who repeat this prayer so often, live by this kind of faith, in obedience to the power of Jesus? Whose authority do we obey? By whose authority do we decide upon our moral choices? What do we do when our government or society's authority and power are in opposition to our church's and our God's authority? O Lord, say the Word — the Word is Jesus, the Word made flesh, our God among us — heal us, strengthen us and save us from death.

Claretian Publications Inc., [illegible] Quezon City [illegible]



The WORLD

US to boost Taiwan missile, air defense

WASHINGTON—The US Department of Defense said on Thursday it would supply Taiwan with key elements of a missile and air defense capability, a move aimed at defusing the threat from China.

[illegible]

Reuters



IRANIAN women peer from a window as they watch Iranian regime veteran and presidential candidate Akbar Hashemi Rafsanjani leaving a polling station after casting his vote in Tehran June 24. AFP

Moderate or hardliner? Tight runoff to decide Iran's course

TEHRAN—Iranians were voting Friday in a tight presidential runoff between relative moderate Akbar Hashemi Rafsanjani and hardliner Mahmoud Ahmadinejad that will decide the future of reform and ties with the West.

[illegible]

AFP

Korean draws 40 years in biggest human trafficking case in America

HONOLULU (Hawaii)—The Korean owner of a sweat shop factory has been jailed for 40 years for forcing his workers into "modern-day slavery," the toughest ever punishment imposed in America for human trafficking.

[illegible]

AFP



THIS SKETCH shows Otto Dix's etching from his "The War" portfolio, "Dead Sentry in Trench" from 1924, which is part of a collection depicting the calamity of modern war being presented at New York's Neue Galerie museum in a one-time show that opens June 24.

US not losing in Iraq–Rumsfeld



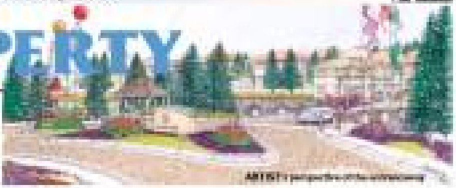
RUMSFELD

AFP

Koizumi accused of leading Japan down path of war

AFP

PROPERTY



Trees serve as centerpiece of residential development

Woodland haven

132 lots

Laguna BelAir dream homes

20% discount



No nails used in sword-shaped structure

A PALACE built without any architectural plans and without using a single nail?

If you think this is next to impossible, the Malaysians thought otherwise.

The Perak Royal Museum did not have a blueprint when it was planned and built as a temporary palace in 1926. The sword-shaped structure did not require a single nail either. The impressive building's walls were made from woven sliced bamboo and patterned in diamond motifs called the "kelarai." (Our very own "bahay kubo" immediately comes to mind.)

AMAZING STRUCTURES



THE PERAK Royal Museum, built without architectural plans and the use of nails

The roof is in the shape of a traditional Malay house with five ridges. Completed in 1931, it was to serve as a temporary palace for Sultan Iskandar Shah, the 30th Sultan of Perak, when the original royal palace was torn down to give way to the new Istana Iskandariah.

The museum was previously known as Istana Kenangan, Istana Tepas and Istana Lembah and stands near the Istana Iskandariah, official palace of the Sultan of Perak, at Kuala Kangsar. It houses the Royal Regalia, photographs of the Royal Family, illustrations and relics of the past and present monarchy in Perak. *Dianne M. Villafuerte*



Making big money in distressed property

PROPERTY-IN-DISTRESS offers a lot of opportunities to real estate investors not only in terms of good profit but also the opportunity of saving the owner's credit standing and remaining equity in the property. In addition, the good image of the neighborhood is restored after rehabilitating dilapidated pieces of property. It also saves the distressed owner from more sleepless nights and gives him a new start with the money saved from the avoided foreclosure.

To learn more techniques on how to profitably invest in distressed properties, Urban Institute of Real Estate invites investors to attend a seminar on "Making Big Money in Distressed Properties" at the Maximo Function Room, Max's Restaurant, Level 2, Gateway Mall, Araneta Center, Cubao, Quezon City, on July 14, from 1:30 to 6 p.m.

The four-hour lecture includes how to solve the owner's problem; the overall strategies; keys to success; how to find distressed property/sellers; how to make your offer; important provisions for your protection; negotiating strategies with owner and lender; common mistakes that should be avoided; valuing property by mini appraisal; many tips on inspecting property, financing, rehabilitating the property, selling the property, documentation and registration, taxation; and other important topics.

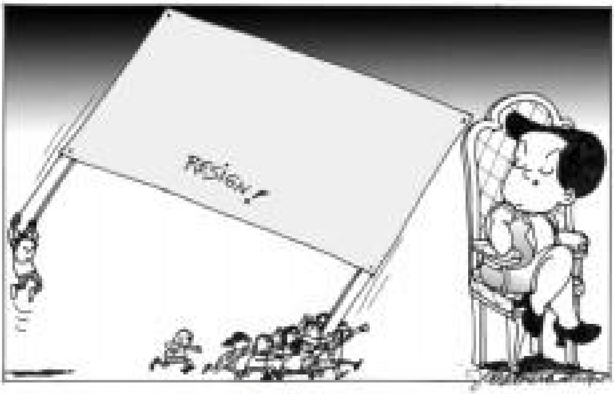
Urban Institute is also conducting on the same time and venue a series of other topics, which can be attended separately, as follows: July 4—Investing in Real Estate: Opportunities, Techniques and What Are Needed to Learn before Investing; July 5—Property Development and HLURB Rules And Regulations; July 6—Real Estate Finance and Investment Analysis; July 7—Joint Ventures and Syndications for Real Estate Projects;

July 8—Property Management and Real Estate Appraisal; July 11—How to Start and Manage a Successful Real Estate Brokerage Company; July 12—Taxation Aspects of Real Estate Transactions and Real Property Assessment; July 13—Legal Aspect of Sale, Mortgage and Lease with Contract Documentation and Registration; July 15—Mathematics of Real Estate Investment.

Lecturer is engineer Enrico S. Cruz, who is a licensed real estate consultant and a real estate fellow and has more than three decades of working experience in engineering, construction, real estate development and education. He placed first in the real estate appraiser's board examinations in 1994 and 8th in the real estate broker's board examination in 1988.

For other details or advance registration, Urban Institute may be reached at 681-0928 or 0916-426-9174 or by e-mail at urbanet@pacific.net.ph.

PHILIPPINE DAILY INQUIRER
OPINION



Legislative compass

SEVERAL days after its opening, the multi-committee congressional inquiry into the alleged wiretapped conversation supposedly between President Macapagal-Arroyo and Election Commissioner Virgilio Garcillano seems headed nowhere. The hearing has been bogged down by debates about rules and protocols. It threatens a chamber in limbo.

EDITORIAL

Regardless of whether the tapes are authentic or not, a legal matter that perhaps would never be formally settled since it's farfetched that anyone would come forward to say they are authentic, the materials are still valid as compass points with which to guide legislation.

Déjà vu?

SEPARATE OPINION



Eugenio A. Cruz

Different perspectives

GET REAL



Solita Collas-Monsod

Opposition lost because it was divided—Angara

POLITICAL TIDBITS



Belinda Olivarez-Cunanan

Cheap solution to a deadly disease

AT LARGE



Rina Jimenez-David

Manila in 1859

SENSE AND SENSIBILITY



Silver shoes

YOUNG BLOOD

Career shift

NOTICE TO YOUNGBLOOD CONTRIBUTORS

An appeal to GMA for country

LETTERS

Where have all our values gone?

DSWD documents or not?

Samuel Ong's charade exposed by soldier

Let everybody do his homework

A war remembered at MariKorea

Veterans to unveil marker in Marikina



A MARKER stands on a hill in Marikina City as a reminder of how 7,000 Filipino soldiers trained and fought during the Korean War in the 1950s.

Invaded from north

27 MMDA traffic aides out in cold

Posts abandoned

Group sues LTFRB before Ombudsman

Vendors drop protest against oceanarium

Help just a phone call away on Taguig hotline

MetroBriefs

4 more years await 'Pajero Lady'

Kapitan turns 10

Abu sacked for arrogance

On Target

Ramon Tulfo

Across the NATION

Pro-GMA Cebu execs tag solon 'persona non grata'

[illegible]



MARTINEZ

[illegible]



REBEL ARMS

[illegible]

ROUNDUP

Anthrax downs 3 men

[illegible]

2 village guards slain

[illegible]

Wanted man surrenders

[illegible]

3 brothers nabbed



[illegible]

Spain, Chile execs honored

[illegible]

CHR in Bicol says arrested NPA leader tortured



CRASH

Coco execs see bright future for farmers as prices of copra rise

Falling prices

Helpful weather

More lands

Wiretap inspires drive vs dengue



ANTI-GAMBLING PACT

INQUIRER Visayas

Artifacts from Biliran's past



A STONE Age tool, a broken earthen burial jar that contained human bones and a small pot, and a half-hectare complex of structural ruins have stirred deeper interest in Biliran province's culture and heritage among local officials, residents and researchers.

Burial jar and pot

Aklanons want to bid farewell to Cardinal Sin

The other Sins

His brother's keeper

Museum of Sin

Death mask

Beside Santos' tomb

Ms Arroyo not expected

Tribute to Sin

Tarongoy's US colleague still in abductors' hands

No ransom

Their own decision

No travel to Iraq

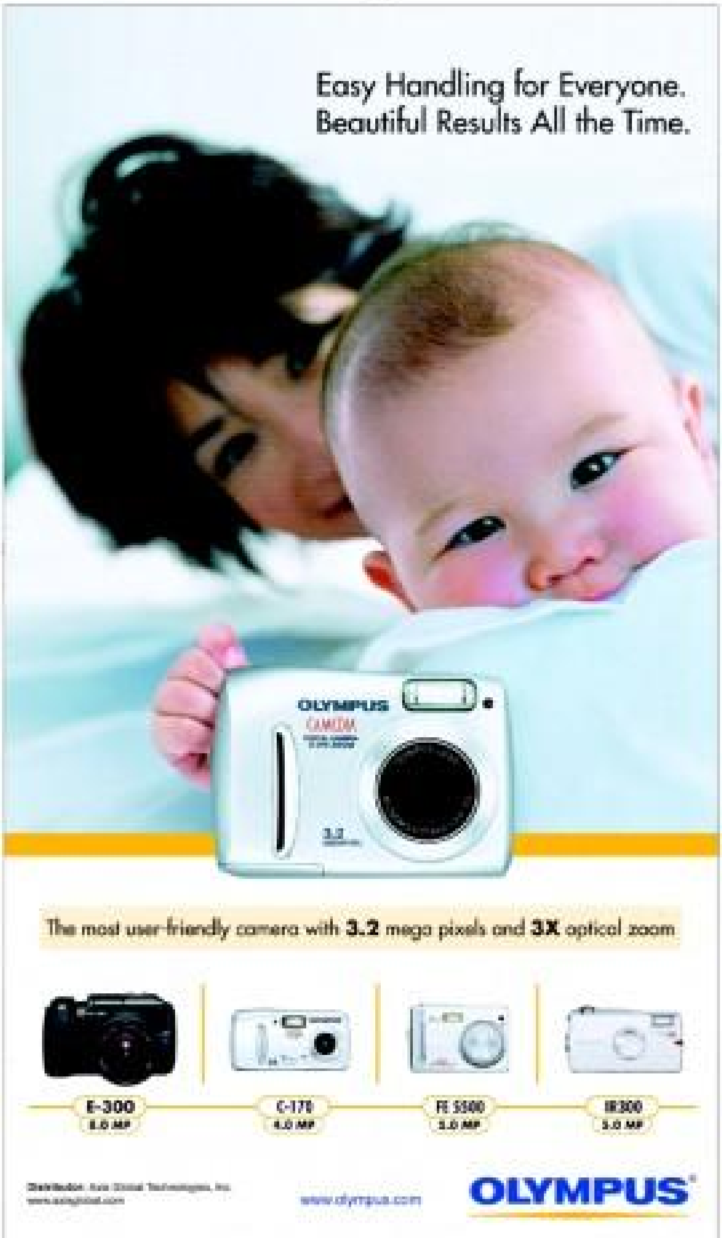
METRO



HOT AND COLD



2 Malabon villages sink as dikes burst



PTA president collects illegal fees, arrested

SPORTS

West Bound Gran Copa show stealer



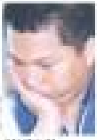
HOME-AWAY TILT
PCA, Manda netters nail 2 victories each

Filipina archers land 5th in world outdoor elims

Gonzales prevails; Antonio protests



ANTONIO



GONZALES

SPORTSWATCH

Shell active chess gets going at SM Manila

Spanish booters to train Aurora youth

Aventajado keynotes IOC anniversary bash

Pagcor supports Religon 6-cocker

Las Piñas derby slates 73 fights

Santa Ana Fastest Win Ulutan starts

Paneda Group dominates World Slasher

Sison Pintakasi ng Calamba champion



Tigress Pimentel: The bold and the beautiful



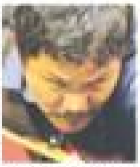
PIMENTEL soars for a block.

V-League 2nd-round semis blasts off today

Parfan rules Nat'l dartfest

Magallanes bets top central meet

RP Int'l 9-Ball Open starts





Arcilla pulls rug from under Tierro

SUN STAR BILLIARDS

Alcano makes it 2 in row



Dolphins battle Lions as NCAA cage wars begin

Trade team riders test SEAG foes in East Java



Talk 'N Text outguns Shell for 2-1 lead

China stint an eye-opener for RP belles

IN HUDDLE



Beth Celis

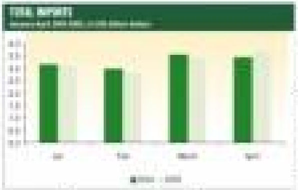
Lina, BAP ready for unity talks with POC



Espiritu Cup caging July 15

WHAT'S INSIDE

BUSINESS



Surging oil prices bloat April imports

UNSHAKEN BY POLITICAL NOISE

JP Morgan expands in RP

Northwest eyes flights from Cebu

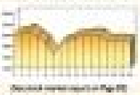


CURRENCIES



STOCK MARKET

Shares down 0.41%



US firm buys P11.9B worth of UCPB loans

By Doris C. Dumlao

[illegible]

TRIUMPH INTERNATIONAL CELEBRATES 15TH ANNIVERSARY



Jollibee eyes wider Asian reach

Congress urged to clear up law on tax incentives

JP Morgan expands in RP



DISCLOSURES

BUSINESS

LGUs want to take lead in VAT collection

LOCAL government units intend to collect value-added tax for the national government, and be designated as agents for the collection of tax delinquent businesses in their communities.

According to provincial, city and municipal treasurers nationwide, it was high time the national government deputize them as VAT collection agents to help plug the multibillion-peso VAT leakages every year.

The Provincial and City Treasurers Association of the Philippines has volunteered the services of local treasurers in improving the efficiency of the national government's VAT collection.

The group estimates that the deficiency in VAT collection stands at P35-50 billion each year.

It said that the pending moves to raise the VAT rate from 10 to 12 percent—seen to result in revenue gains of over P50 billion a year—would reduce the national government's deficit.

Michelle V. Remo

NPCC: VAT cap won't affect prices

By Ronnel W. Domingo

THE IMPLEMENTATION of the new value-added tax law on July 1 would not have a significant effect on the prices of basic goods and services as companies would be spared from the cap on deductions until the end of the year, according to the National Price Coordinating Council.

The NPCC groups together officers of manufacturing, retail and other firms, as well as government representatives from line departments of agriculture, energy, finance and trade and industry.

In a joint briefing, the four departments said that they would push for an increase of the 70-percent cap on private firms' input VAT credits, which would offset the output VAT imposed on the sale or lease of taxable goods, services or properties.

The old VAT law allowed firms to avail of full input VAT credit, but the new law puts a cap of 70 percent.

Business leaders have said they were amenable to a "compromise" of the 90-percent cap.

"The DTI, DA and DOE support a revision of the said provision and shall work closely with Congress to address this through a legislative amendment," the NPCC said.

The agency added that all price monitoring units of the government—specifically those of the DTI, DA and DOE—would step up their activities to ensure that no one took undue advantage of the new law as well as the rising trend in world oil prices.

"No significant price increase is expected for agricultural products such as rice, meat and vegetables," it said. "The government would go after unscrupulous practices to protect consumers."

The NPCC added that, in order to mitigate the impact of the new law on socially sensitive products, the Cabinet Committee on Tariff and Related Matters has proposed to the President an executive order reducing duties on crude and the refined petroleum products from 3 percent to 0 percent.

The proposed EO also provides for the removal of duties for liquefied petroleum gas from the current 3 percent.

Further, the NPCC said it was pushing for "a progressive billing system (for electricity consumers), subject to the approval of the Energy Regulatory Commission."



pop culture

SUPER PINOY!

Lesley Mobo designs for Diesel



PINOY AND PROUD. From Kalibo to London to the rest of the world, Lesley Mobo is Super!

By Pozy Quirino

IT WAS five years ago when I first heard of the name Lesley Mobo from senior designers Dennis Lustico, Jojie Lloren and Anel Bacudio. This designer from Aklan joined the Philippine Fashion and Design Competition in 1998 and was sent to Osaka and Chiba in Japan for his unique creation that's made from sea urchins.

Lesley earned his degree in Fashion Design, major in women's wear, in Central Saint Martin's in London where famous designers like Alexander McQueen and Zac Posen got their degrees. I had the opportunity to meet him personally through Jojie Lloren when he visited the Philippines almost three years ago. We got along very well because he is a very down-to-earth person.

Fast forward. After receiving the Diesel Award in Trieste, Italy last year, Lesley was given the chance to design his own collection for Diesel.

This is yet another step on his way up the international fashion scene. No doubt about it, Lesley is one Filipino we should all be proud of.

Super! asked Lesley about his history, his collections and his passion for fashion.

What is your earliest fashion memory?

I can still clearly remember opening a magazine featuring Helmut Newton's provocative photograph titled "They're coming!" inside the Kalibo Pilot Elementary School library when I was in elementary. The photo was unquestionably ranks among Newton's best known images even it was such a memorable fashion image? The execution was perfect. Looking back, Newton was without a doubt a silent influence to me, despite the fact that this iconic work is often misunderstood. This of course prompted me at the age of 9 to "read" pictures critically to look at them more attentively and with greater awareness.

How would you describe your aesthetic?

Feminine, appropriating something or masculine at the same time. And making something totally new from it.

Name something you wish you have designed?

My biggest regret in life is not to have invented denim. The evolution of denim has mirrored every major cultural phenomenon of the last century, from the work wear of Depression-era America, the practical overalls of war, the flares of the peace movement, the youthful styles of rock' n' roll to the designer labels of the consumerist 80s.

Who are your heroes, fashion or otherwise?

Helmut Newton, Tom Ford, Paul Poiret, Andrew Schnitzky, Nick Knight, Phillip Glass and Jane Austin.

What is your favorite item of clothing?

A classic men's underwear from the "SEPT collection" I designed for Absolut Vodka Sweden.

In your wildest dreams who do you see wearing your clothes?

The mother of all rock and roll Patti Smith, French Vogue Editor-in-Chief Carine Roitfeld, Juliette Lewis of "The Licks" and the artist called Bjork.

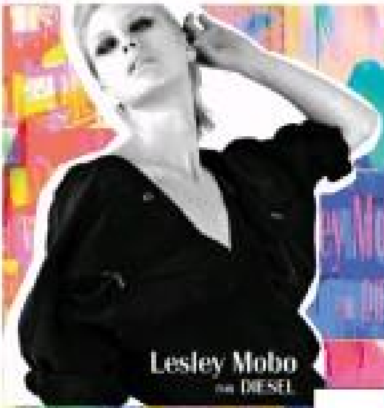
Please tell us how you got the job at Diesel?

Well, it started in Trieste, Italy last year when I received the Diesel Award. Erika Barthara from i-D magazine was pushing my name to everyone (well, someone told me... It's just it that way), telling them that I had the amazing portfolio from my MA collection at Saint Martin's and detailed research, etc. After I won the award I was introduced by Nicola from Diesel to the Diesel team during the dinner. Then Wilbert Das (creative director and head designer of Diesel) came over to me and talked about the possibility of me coming back next week to talk about designing a capsule

[illegible]



THE SO-CALLED [illegible] can be an enormous challenge



Lesley Mobo
for DIESEL

Lesley Mobo designs for Diesel

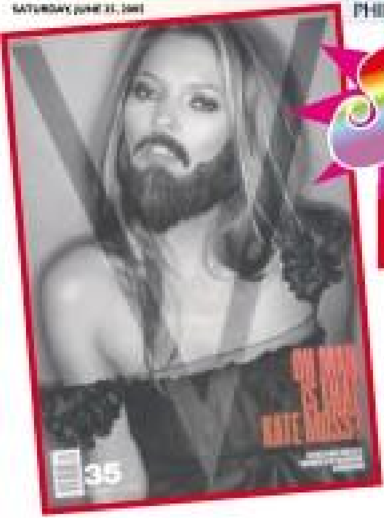






Nothing kills the concept of cool faster than overexposure and the epidemic adoption of a trend

PHILIPPINE DAILY INQUIRER



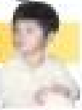
Super
pop culture . entertainment . recreation

Deface value

Since everyone seems to be so polished these days, is it finally time to mess things up?

Age against the machine

Gino de la Paz



DOES the name Jacobim Mugatu ring a bell? If it doesn't, it should after this brief recap.

Deface value

What a mess

If everybody looked the same

Self-deconstruction

Vandalize this!







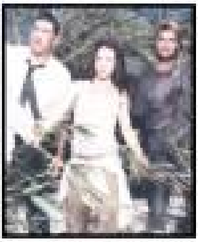




What the heck is the secret of the mystery island? And why is everything so damn weird?



A 'Lost' cult



The castaways



Cleaning the mess

'How do you scare a group of models? Offer them dessert'

By Kaarina Holgares
Original artwork by Jason Pike

IT'S NOT often that people can spark a revolution. There are many non-conformists but they do not necessarily inspire a people into action. Some try to make a statement through scandal or intrigue, because it's easier. There is "shock therapy" conveyed via joking (often gory) images, inappropriate words or phrases in order to create an impact. There are heavily ingrained in media, as most viewers and readers have shorter and shorter attention spans, so the theme of the subject must give as much information as possible in the quickest possible time.

This weekend let's shift our attention away from the outside world and focus on an internal revolution that could take place within minutes. When was the last time you were moved to do something that was for change? Not necessarily for the rest of mankind but for yourself? What I am going to explain is certainly not an original thought and it has been practiced by many civilizations before me. It has the power to rid one of excess... and we have all heard that too much of a good thing... is, well, not really good at all.

It's called fasting, and no, fasting is not necessarily starving. I remember a rather cruel (but funny joke) a colleague once shared with me in the past. "How do you scare a group of models?" "Offer them dessert." (ha ha) Ok, my apologies for the generalization. I guess I'm proud (and a bit ashamed) of my tremendous appetite, and for that, someone like me has to resort to fasting every once in a while. Why fasting? Some may call it a purge, or a cleanse. Call it what you will but one to two days of no eating in of solids or impure liquids (alcoholic or softdrink beverages) will give your digestive system a rest.

Look under the hood

There are days that you feel sluggish, in a bad mood, unmotivated and uninspired. You call to your inner muses to help you out and they don't seem to be listening. Of course there may be other factors and there may be too many to list down here, but always bear in mind that whatever you put INSIDE your body sooner or later is going to affect what goes on outside. If you love your car you would never put the wrong kind of petrol in it, you take it for tune-ups, oil changes, get its tires checked... what about your body? When was the last time you looked under your hood? (I can bet it's in a bit of a mess.)

It's not going to affect your muscle mass or weight maintenance if you decide to stop exercising for two days. If you fast properly you can continue to be active during the fast; but again, not excessively. Cut your gym or cardio workout to half of what you normally do, that way the body is still moving and burning what it needs but is not getting too tired. And remember, the body was made to move, but at the same time, it needs to recharge. When the body is at rest, the mind is allowed rest too. There is less stress involved since (in my opinion) the hardest working system that we 24/7 food loving Filipinos possess is the digestive one.

We often want to take breaks from work, from people and that's why we do something to just "get" away. So now and then, if you want an internal overhaul then the best way to do it is to give your stomach a rest. This is not easy to do, and you have to possess the proper mindset to see it through. Looking at the bigger picture, for one day of no junk food, no animal products, and no sweets, you may get a clearer mind, deeper sleep and rejuvenation. Your body doesn't have to work as hard during a fast, and your mind is at ease because instead of thinking of where the next meal is coming from (aside from the millions of other things it has to think of) it has one less task to be responsible for.

No limit

All you need is a steady supply of mineral water (not distilled, mineral, so read your labels) and a bunch of American lemons. Look, there are no substitutes here so calamansi is not going to cut it). Take your room temperature glass of water with a squeeze of lemon. There is no limit, take as much as you can from the minute you wake up to the minute you sleep, and remember, don't gulp, sip or drink in a relaxed state. Be aware of what you're doing and you will feel more relaxed and less anxious.

Fasting gives one more time for contemplation. Buddhists, Hindus, Christians and Muslims often fast because they say a clean body gives one a clean mind and a heightened sense and stronger connection to the divine. Need inspiration? Experience the absolute high of a body that has rid itself of some internal garbage.

If we don't start with our bodies, then the very vehicle that houses our creative minds, our passionate hearts and our enlightened spirits will not take us to where we want to go next. Time to clean up.